

exercise class programme

Ashbourne Leisure Centre

Accurate as of 27/07/2024

Times for Monday 8 August



Time	Session	Facility	Level
9:00 am - 9:30 am	Metafit	Sports Hall	
9:45 am - 10:30 am	Aerobics	Sports Hall	
10:45 am - 11:30 am	50+ Aerobics	Sports Hall	
11:45 am - 12:30 pm	Aqua Aerobics	Pool	
2:30 pm - 3:30 pm	Pilates	Studio	
6:00 pm - 6:45 pm	Step Aerobics	Studio	
6:00 pm - 7:00 pm	Freedom Indoor Cycling	Activity Room	
7:15 pm - 8:15 pm	Freedom Circuits	Studio	